



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 11001, Alfalfa seeds, sprouted, raw

Report Date: July 04, 2017 16:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	92.82	6	0.299	91.58	93.56	5.0	92.05	93.587	2	Analytical or derived from analytical	--	03/2006
Energy	kcal	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	96	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein	g	3.99	10	0.563	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.69	10	0.141	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.40	10	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	2.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary	g	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Sugars, total	g	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Sucrose	g	0.00	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose)	g	0.08	5	0.039	0	0.2	4.0	-0.027	0.191	2	Analytical or derived from analytical	--	12/2002
Fructose	g	0.12	6	0.059	0	0.4	5.0	-0.036	0.266	2	Analytical or derived from analytical	--	12/2002
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
<b>Minerals</b>													
Calcium, Ca	mg	32	10	4.659	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	0.96	10	0.114	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	27	10	3.978	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	70	10	7.914	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	79	10	9.790	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	6	10	1.094	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.92	10	0.273	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.157	10	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.188	10	0.019	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	8.2	10	0.678	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.076	10	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.126	10	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.481	10	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.563	10	0.069	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.034	10	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	36	10	0.800	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	36	10	0.800	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Choline, total <sup>1</sup>	mg	14.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine <sup>1</sup>	mg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	87	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	11043	01/2003
Cryptoxanthin, beta	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	11043	01/2003
Vitamin A, IU	IU	155	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11043	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	30.5	--	--	--	--	--	--	--	--	Calculated or imputed	11043	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.409	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
<b>Amino Acids</b>													
Threonine	g	0.134	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.143	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.267	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.214	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.145	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
<b>Flavonoids</b>													
Flavones													
Apigenin <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin <sup>2</sup>	mg	1.7	--	--	1.7	1.7	--	--	--	--	--	--	--
Isoflavones													
Daidzein <sup>3 4 5 6</sup>	mg	0.02	--	0.05	0	0.15	--	--	--	--	--	--	--
Genistein <sup>3 4 5 6</sup>	mg	0.02	--	0.04	0	0.12	--	--	--	--	--	--	--
Glycitein <sup>4 6</sup>	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Total isoflavones <sup>3 4 5 6</sup>	mg	0.04	--	0.09	0	0.27	--	--	--	--	--	--	--
Biochanin A	mg	0.03	--	--	0	0.07	--	--	--	--	--	--	--
Formononetin	mg	1.43	--	2.14	0.02	3.9	--	--	--	--	--	--	--
Coumestrol	mg	1.60	--	2.67	0	4.68	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

<sup>2</sup>Sampson, L., Rimm, E., Hollman, P.C.H., de Vries, J.H.M., and Katan, M.B. Flavonol and flavone intakes in US health professionals, 2002 J. Am. Diet. Assoc. 102 10 pp.1414-1420

<sup>3</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States), 2000 Cancer Causes and Control 11 pp.289-298

<sup>4</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201

<sup>5</sup>Franke, A. A., Custer, L. J., Cerna, C. M., and Narala, K. Rapid HPLC analysis of dietary phytoestrogens from legumes and from human urine., 1995 Proc. Soc. Exp. Biol. Med. 208 pp.18-26

<sup>6</sup>Murphy, P. A., Song, T., Buseman, G., Barua, K., Beecher, G. R., Trainer, D., and Holden, J. Isoflavones in retail and institutional soy foods., 1999 J. Agric. Food Chem. 47 pp.2697-2704